



# OASES and Shildon Alive!

## Grow Your Own Veg

## Family Activities!



### Grow your own and kids crafts!

Sow and plant easy to grow vegetables like peas, salad leaves and courgettes. Take home what you sow to grow for yourself!



Come along to Shildon Alive!  
91 Church St, Shildon, DL4 1DT  
on Thursday 22 July 2021

Drop in anytime between 10.30 and 1.30!

Call 01388 417600 or visit [www.shildonalive.org.uk](http://www.shildonalive.org.uk) for directions.

Follow our Food Durham Grow Your Own Facebook page to get helpful food growing tips and to ask your veg growing questions!

There will be a cooking event this autumn to give you ideas on how to use of your home grown vegetables! Ask for details at the drop in sessions.

For information about the growing activities contact  
Helen at OASES on 03000 265 095.

